

ANNOUNCEMENT.

The annual conference of the Brethren Church of Michigan, will be held at New Troy, on October 6, 7, and 8. A cordial invitation is extended to all who will attend. Those wishing any information should write Bro. John English, at New Troy.

By order of committee.

J. D. SOLOMON, Chairman.
Almena, Mich.

THE PROPER FOOD AND DRINK PROBLEM.

We have just returned from a visit to the Sanitarium at Battle Creek, Mich. We went to investigate, and not because we needed "treatment." We were there but two nights and one day, but we learned more about the science of "right living," than we had learned in our fifty-two years of life.

From this great institution, unquestionably the most thoroughly and ably-conducted Sanitarium in the land, thousands of people are graduated each year, who at this noble University of Health have earned the degree of H. B. R. L.—health by right living. The man whose genius has created this institution, and whose marvelous medical and surgical skill has been a blessing to so many, Dr. J. H. Kellogg, is still a young man, notwithstanding his twenty years of intensely hard work in connection with the Sanitarium.

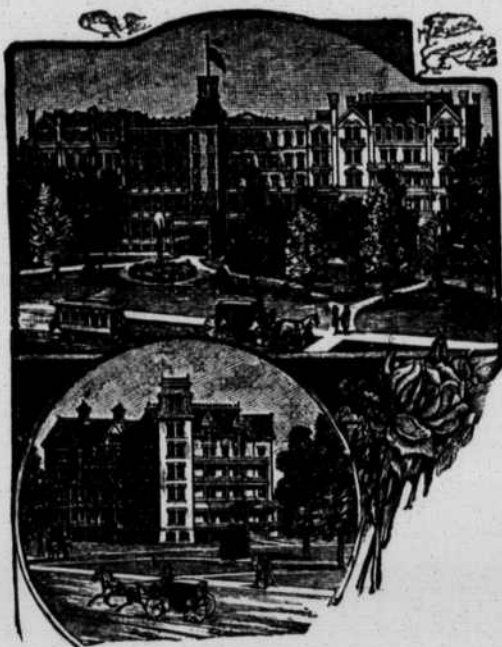
But it is not the object of this article to give a history of the Battle Creek Sanitarium. It would require a Sanitarium double number to do justice to that. We want to tell the readers of this paper how it has been made possible for them to eat and drink, and to be well and strong and happy.

At the Sanitarium, proper food and drink, bathing, and exercise is the three-fold rule. And it is about the proper food and drink we wish to say a word.

Wheat is the ideal food of man. Dr. Kellogg has proved the truthfulness of this, but to do so he had to invent his own processes of converting the wheat berry into different forms of food without the loss of any of its valuable constituents. Nature has given man in this cereal the exact proportions of nutriment for brain, bone, and muscle, for health, strength, and beauty. For years the patients at the Sanitarium have been eating Granola and Granose Flakes, and many other Sanitarium health foods which have been such an important factor in their restoration of health.

It is now no longer necessary to visit the Sanitarium to obtain the health-giving products which are so much enjoyed by its guests. The demand became so great that about two years ago the Battle Creek Sanitarium Health Food Company was

organized, and its products are now shipped by the carload to different parts of the country.



BATTLE CREEK (MICH.) SANITARIUM AND HOSPITAL.

The picture given herewith represents the Sanitarium and Hospital, near which are located the Health Food factories, and the factory of the great Health Beverage—"Caramel Cereal." This cereal drink has been in use for twenty years at the Sanitarium, and is doubtless the finest substitute for coffee produced. It has been honored by many imitations; some of which are used by people who suppose they have the kind endorsed by the Sanitarium. But "Caramel" is the only kind recommended by this scientific Health Institution.

Lack of space forbids detail in regard to the many excellent products of the Health Food Company, but we would advise every reader of this paper who is interested in the question of perfect health to write to the company at Battle Creek, Mich., for a copy of their beautifully illustrated art booklet on "health foods" which will be sent to all who write for it. They will also write you where you or your grocer can obtain their pure products most conveniently.

A visit to this model establishment is a pleasure we wish every reader could enjoy. Everything was so clean and sweet, and all the different processes so intensely interesting and instructive from a scientific standpoint, and all of the products so tempting and toothsome, that it was a feast mental, olfactive and gastronomic. We are sure that those who take advantage of the opportunity thus afforded of securing such health-giving products, will be grateful for having been brought into touch with this institution which is doing so much in sending out relief to dyspeptics, and health and happiness to the world at large.

R. S. T.

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Don't wait but send for a sample now. Address, Dr. E. J. Worst, Ashland, O.

One box of your Persian Tabloids has been worth \$50.00 to my wife and I will recommend them to all who need medicine.

W C HAISE, Coshocton, Ohio

I have been unable to work for sixteen months until I used a box of Persian Tabloids, now I can do some work. I enclose the price for one dozen boxes and I will act as your agent here.

JAMES M. NORFORD, Myers Cave Va.

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JOHN R. SAYLOR, Parke, Pa.

I have hundreds of similar testimonials.

HOW TO FIND OUT.

Fill a bottle or common glass with urine and let it stand twenty-four hours; a sediment or settling indicates an unhealthy condition of the kidneys. When urine stains linen it is evidence of kidney trouble. Too frequent desire to urinate or pain in the back, is also convincing proof that the kidneys and bladder are out of order.

WHAT TO DO.

There is comfort in the knowledge so often expressed, that Dr. Kilmer's Swamp-Root, the great kidney remedy, fulfils every wish in relieving pain in the back, kidneys, liver, bladder and every part of the urinary passages. It corrects inability to hold urine and scalding pain in passing it, or bad effects following use of liquor, wine or beer, and overcomes that unpleasant necessity of being compelled to get up many times during the night to urinate. The mild and the extraordinary effect of Swamp Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases. If you need a medicine you should have the best. Sold by druggists, price fifty cents and one dollar. You may have a sample bottle and pamphlet both sent free by mail. Mention BRETHREN EVANGELIST, and send your address to Dr. Kilmer & Co., Binghamton, N. Y. The proprietors of this paper guarantee the genuineness of this offer.

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